

Asian Fajitas

Prep time: 25 minutes

Cook time: 20 minutes

Makes: 6 Servings

“Charli fell in love with a sweet and sour meatball recipe,” said mom Heidi Lynn. “But it was lacking in vegetables and the meatballs were frozen, and not something I wanted to serve my kids. This challenge was the perfect thing for us, as it pushed me to find a better option. In doing so, I realized how much fun we have cooking together and how quickly you can make a meal with a helper! We would add low-fat yogurt, strawberries, and a couple of tablespoons of her grandma’s homemade granola as a side to this dish.”

Ingredients

2 tablespoons packed brown sugar
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon freshly ground black pepper
 Crushed red pepper to taste
3 medium boneless, skinless chicken breasts (cut into thin strips)
1 teaspoon sesame oil
1 green bell pepper (seeded and sliced)
1 orange bell pepper (seeded and sliced)
5 scallions (chopped)
1 cup canned pineapple (cut into bite-sized pieces, plus 2 tablespoons pineapple juice reserved from the can)
 For garnish:
6 whole wheat tortillas
1/4 head red cabbage, thinly sliced (for garnish)
1/2 cup toasted sliced almonds (for garnish)

Directions

1. In a medium bowl, combine the brown sugar, paprika,



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	303	
Total Fat	8 g	12%
Protein	14 g	
Carbohydrates	42 g	14%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	345 mcg	14%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/2 cup
Grains	1 1/2 ounces
Protein Foods	3 1/2 cups

garlic powder, black pepper, and crushed red pepper. Add the chicken and rub it all over with the spice mixture.

Transfer the chicken to a large resealable plastic bag and refrigerate for at least 20 minutes and up to several hours.

2. In a large sauté pan or wok over moderately high heat, warm the oil. Add the chicken and cook, stirring occasionally, until completely cooked through, about 7 minutes.

3. Transfer the chicken to a plate and set aside. Do not wash the pan.

4. Add the bell peppers, scallions, and pineapple juice to the pan and cook for about 5 minutes.

5. Add the pineapple pieces and cooked chicken and cook, stirring occasionally, for about 3 minutes.

6. Warm the tortillas in the microwave for 30 seconds.

7. Divide the chicken and vegetable mixture among the tortillas, top each with some red cabbage and almonds, and serve.

Notes

State: North Dakota

Child Name: Charli Mcquillan, 8